

April 22, 2026

1. Thank you for participating
2. Some like to use their own Bibles, some will use a device—either is fine. If you would like to grab your Bible, feel free to take the time now in preparation.
3. There will be a prayer to open, there will also be a closing prayer. If anyone wants to include any prayer requests tonight, we will include them as we close in prayer...you can start thinking now if you would like to share any prayer requests at the end.
4. Opening Prayer: “Lord God of the Church, you are awesome in power, greatest in wisdom, and tremendous in love. You are the One who has stomped our sins beyond recognition and given every ounce of our guilt a heave into the depths of the sea. Bless our time in the Word and strengthen us for service in your Kingdom, Lord. You care for us and treasure us; you bless us and love us; you prepare us for works of service to your glory and for the praise of your Name. For all this we give you praise and thanks while we walk the path of life you draw out for us on our way home. We dedicate this class to you and come to you in prayer through Jesus. Amen.”

Matthew 11:28: “Come to me, all you who are weary and burdened, and I will give you rest.”

- a. In what way to we “come to Jesus?”
- b. What kind of rest is this?
- c. Extremely practical for every single one of us; there are times each of us feels burdened.
- d. Any examples when you or someone you know has felt weary and burdened and God has given you rest/relief?

Psalm 121: 1-2 “A song of ascents. I lift up my eyes to the hills— where does my help come from? 2 My help comes from the LORD, the Maker of heaven and earth.”

- a. Historical note of the songs of ascents. 15 songs of ascents, #120-134. Pilgrim songs for Jews coming back to Jerusalem for the three main festivals of the year (Passover, Weeks (Pentecost), and Succoth or booths). All throughout Judah would return to Jerusalem.
- b. Why is the question in verse one a significant question now, for each of us?
- c. Significance of LORD in all caps(the Bible is not yelling at you)—YHWH or “the tetragrammaton” Special name for God usually connected with his promises. This name was considered to be so holy, it was forbidden to be spoken as the Jews added more man-made laws to guard against breaking any of the actual commands of God. Instead of pronouncing this name as it was originally, probably “Yaweh” or “Yaway”, they substituted the name “Adonai.” Visually, it stands out when you look at the sentence—memory hitch—remember that God always keeps his promises.
- d. According to these verses, why is it that we can put our trust in God?

e. Personal story—when I first was getting going in 1998, driving on the interstate—the view of the mountains was still new. I would speak these verses out loud in my car!

Psalm 31:24: “Be strong and take heart, all you who hope in the LORD.”

a. In what ways do we display the fact that we hope in the LORD?

b. In your mind, what does it mean to “take heart?” more literal translation: “Be of good courage and He will strengthen your heart.”

c. In your mind, why is hope important?

5. Closing prayer (for what can we be praying, for what can we give thanks?)